

We claim:

1. A method for preparing an organic extract from *Geum Japonicum* Thunb var., comprising the step:

a) extracting the plant of *Geum Japonicum* Thunb with an alcohol selected from the group consisting of C1-C4 alcohols.

2. The method of claim 1, further comprising the following steps:

b) drying the extract obtained from the step of a) into a dried powder; and

c) successively extracting the powder obtained from the step of b) with C6 alkane, EtOAc and an alcohol selected from the group consisting of C1-C4 alcohols.

3. The method of claim 2, further comprising the step:

d) drying the extract obtained from the step of c) into dried powder.

4. The method of claim 3, further comprising the steps

e) applying the powder obtained in the step of d) onto a chromatographic column; and

f) eluting the column using an aqueous solution with increasing concentration of an alcohol selected from the group consisting of C1-C4 alcohols.

5. The method of any one of claims 1-4, wherein the step of a) is performed at room temperature for 2-3 hours and repeated 5 times.

6. The method of claim 1, wherein the organic solvent is methanol.

7. The method of claim 2, wherein the C6 alkane is n-hexane and the alcohol used in the step of c) is n-BuOH.

8. The method of claim 4, wherein the chromatographic column is a column of Sephadex LH-20

equilibrated with 10% methanol by weight, and wherein the alcohol used in the step of e) is methonal.

9. The method of any one of claims 2-8, wherein the steps of b) or d) is performed under reduced
5 pressure.

10. The method of any one of claims 1-9, wherein the resulted extract contains mainly tannins including gemins A, B, C, D, E and F and triterpenes including 2-hydroxyoleanolic acid, 2-hydroxylursolic acid, 2,19-dihydroxy-ursolic acid, 2-alpha,19-alpha-dihydroxy-3-oxo-12-ursen-
10 28-oic acid, ursolic acid, epimolic acid, maslinic acid, euscaphic acid, tormentic acid, 28-beta-D-glucoside of tormentic acid.

11. An organic extract from *Geum Japonicum thunb* var., which is obtained by the method of any one of claims 1-10.

15

12. Use of the organic extract from *Geum Japonicum thunb* var. obtained according to any one of claims 1-10 in the preparation of a medicament for treating skeletal muscle injuries, skin injuries or bone fractures.

20 13. A method for treating skeletal muscle injuries, skin injuries or bone fractures, comprising administrating to a animal suffered from skeletal muscle injuries, skin injuries or bone fractures an effective amount of the organic extract from *Geum Japonicum thunb* var. obtained by the method of any one of claims 1-10.

25 14. The method of claim 13, wherein the animal is a mammal.

15. The method of claim 14, wherein the mammal is a human.